

Checklist for Pandemic Preparedness

Single individuals and families can protect themselves against a virus that could cause an influenza pandemic. These basic preventive measures and proactive planning may help you avoid becoming ill from a deadly virus or mitigate the effects of such an illness until an effective vaccine will become widely available.

These fundamental steps may be the most important things you can do if a pandemic occurs. Preparing now may save your life.



Get Informed. Be Prepared.

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"Pandemics are global in nature, but their impact is local. When the next pandemic strikes, as it surely will, it is likely to touch the lives of every individual, family, and community. Our task is to make sure that when this happens, we will be a Nation prepared."

Mike Leavitt, Secretary
U.S. Department of Health and Human Services

For more information, log on to the following website:

Reliable, accurate, and timely information is available at <http://www.pandemicflu.gov/>.

Another source for information on pandemic influenza is the Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348. Questions can be e-mailed to cdcinfo@cdc.gov.

Look for information on your local and state government Web sites. Links are available to each state department of public health at www.pandemicflu.gov/plan/tab2.html.

Listen to local and national radio, watch news reports on television, and read your newspaper and other sources of printed and Web-based information.

Talk to your local health care providers and public health officials.



HAWAII EDUCATION
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Pandemic Flu Planning Checklist

For active duty and their family members

For retirees and their family members



PLANNING FOR A PANDEMIC

- **Stock up on non-perishable foods:** a great idea for hurricane preparedness as well. Grocery stores may be closed or run low on some foods if transportation is limited.
- **Alternate pet care plans:** who will care for your pet(s) if you become ill? Having a plan ahead of time will help you and your pet.
- **Prepare for prolonged school closures:** Schools may be closed for periods as long as several weeks to help stop the spread of a pandemic. Who will be able to care for your children if this happens?

Will the seasonal flu shot protect me against pandemic influenza? No.

The annual flu shot: will help prevent you becoming “mixing bowl” for usual Influenza A strains and new, emerging Influenza A viruses that may cause a pandemic. A spike of influenza-like illnesses in a group that has been previously vaccinated against usual strains of Influenza A would also alert health officials about a possible pandemic strain. The flu shot is 80% effective against annual Influenza A infections, which kill 36,000 Americans every year.

The pneumococcal vaccine: While an influenza pandemic will be caused by a virus, many people will suffer a secondary, and possibly deadly, bacterial infection by the bacterium *Streptococcus pneumoniae*. These infections cause an estimated 40,000 deaths annually in the United States, accounting for more deaths than any other vaccine-preventable bacterial disease. Approximately half of these deaths potentially could be prevented through the use of vaccine. Children under 2 years and adults 65 years or older, and other people with serious underlying medical problems, should receive the Pneumococcal vaccine.

PREVENTION FOR ALL

- **Hand washing:** this simple measure will help prevent the transmission of viruses from hands to noses. Where soap and water is not available, alcohol-based hand sanitizer is a portable, effective alternative.
- **Surgical masks:** These commercially-available masks help prevent the droplet spread of virus to and from mouths and noses and act as a barrier to manual virus transmission. Masks should be clean and exchanged at least daily in order to remain effective.
- **Respiratory etiquette:** covering your mouths and noses with a tissue or a sleeve when coughing or sneezing is not only polite, it stops the transmission of viruses. Your mother's advice was correct!
- **Self-isolation:** If you become ill, “toughing it out” at work is a very bad idea. You may make others sick at work and decrease productivity at the workplace by spreading the virus. Do your workplace a favor: stay at home if you get sick. Make arrangements with your employer or supervisor to “tele-commute” or work from home, if that’s possible.
- **“Social Distancing”:** Large public gatherings, such as concerts, formations, sporting events, and theaters may be suspended in the event of a pandemic to reduce the spread of the virus. Following the advice of military and civil authorities helps you be prepared.
- **Quarantine:** In extreme cases, quarantine may be imposed to help stop the spread of disease by restricting movement of non-infected people. Staying informed will be very important during a pandemic.

ITEMS TO HAVE ON HAND

Examples of food and non-perishables

- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

Examples of medical, health and emergency supplies

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrhea medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags